



THE BUCCA BEACON

THE BI-MONTHLY NEWSLETTER OF CAMP BUCCA, IRAQ

105th Military Police BN Takes Command

BN CDR's MESSAGE

I am happy to contribute to the first edition of the Bucca Beacon by extending greetings and best wishes to all Camp Bucca personnel and staff. As commander of the 105th Military Police Battalion I am responsible for the overall operation of the Theatre Internment Facility, the life support area, convoy operations, force protection and soldier welfare. My staff officers and my CSM Lonnie Webster are committed to this responsibility. Major Joe White will soon take over all LSA activities which will allow me to focus on detainee operations. Major White has a tremendous amount of experience in life support planning, construction and expansion, and we are extremely fortunate

to have him leading this effort. Regardless of your purpose or reason for being here, Camp Bucca is our "home away from home". So help yourselves and each other to keep "our home" clean and sanitary. Seal trash bags before tossing them into the dumpsters: If a trash can is full, then empty it rather than continue to stuff it with empty water bottles. Pick up the trash at your feet. There are 1069 personnel stationed here. If each one picked up a piece of trash every time they found it in their path Camp Bucca would be a much better place. SLOW DOWN!! The speed limit is 10 miles per hour for everyone. There is enough potential for loss of life on the MSRs. We certainly do not want to

compound the problem with unsafe driving on Camp Bucca. Last but not least please remember that our force protection posture changes based on the tactical situation and guidance from our higher headquarters. When that occurs, I am the only authority for reducing or changing that posture. The S-3 section is located in building # 3 which is the MP Operations Center always has the most current information, so when in doubt please check with them. Thanks for your hard work and willingness to serve.

LTC T. PAUL HOUSER
105th MP BN
Commanding

105th Military Police BN

BN CSM's MESSAGE — CSM Lonnie Webster

One of my major focus areas is soldier welfare and I wanted to make everyone aware of a few projects that are in progress. A Subway sandwich shop, and a Green Bean coffee shop will be opening in the near future. The new MWR facility is open featuring more spacious accommodations. The internet café/IP phone center will soon be moving in to the new MWR facility. There

are future plans for a larger DFAC and improvements to the living areas. Our camp is undergoing some major changes and that can be a challenging process at times. It is hard to look around the camp and not notice the large amount of construction that is currently underway, and I can promise more to follow. The camp will more than double in size over the next couple of months. Garrison support is working

hard to make sure that life support (shower trailers, porto-lets, etc) is in place prior to the arrival of additional troops. During this process I ask everyone to be patient and flexible. I would like to challenge everyone to think about things we can do to improve the quality of life for all camp Bucca residents. Please forward all ideas up through the chain of command. Thanks for all you do to make this camp a success!

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105TH MP BN STAFF MOBILE 2004



CHAPLAIN'S CORNER

I wish to take this opportunity to share a few practical thoughts as I begin my journey here as the Battalion Chaplain for the 105th MP BN. I am reminded of a passage of scripture found in Esther, Chapter Four. Mordecai reminded Esther that she had "come to the kingdom for such a time as this." I am struck by those words. We are all here at a very strategic time. These times bear the characteristic of uniqueness. They could be described as exciting, challenging, and yes, even dangerous. We all are tasked with a great responsibility. We are to match our mission fulfillment with a good positive attitude. These times require that we:

U Be Vigilant. We need to simply put into practice our basic soldiering skills coupled with the use of our unit's SOP.

U Be Unselfish. May we all practice the "ranger buddy" ethic and focus on caring, sharing, and looking out for each other.

U Be Thankful. We are to be thankful for the privilege to serve our great country and to have the opportunity to convey to the Iraqi people that we do have a heart besides a weapon. Our "Goodwill Care Distribution Center" is an excellent way for the battalion to convey a giving spirit to the Iraqi people. We ask that all soldiers consider supporting this effort. Join me in asking our families at home to include in their care packages items for the Iraqi children.

U Be Mindful. Above all we need to be mindful of the need of dependence upon the Lord as we attempt to fulfill our mission. The Psalmist states it this way,



"I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust."

Blessings,
Chaplain (MAJ) Chuck Peters
Battalion Chaplain

Garrison Command-- MAJ White

The purpose of the Garrison Command is to take over the daily operations of running Camp Bucca. Ultimately, the 105th MP BN and its subordinate companies will have responsibility purely for Internment Facility operations. MAJ White and his staff will be responsible for all LSA operations, to include force protection, for all of Camp Bucca. The Garrison is currently undertaking a huge number of projects to improve the quality of life as well as

security for all of our residents. Those improvements include the following exciting advances:

- C New DFAC
- C Gift Shop
- C Subway and Green Bean Coffee Shop
- C New Segovia Phones in MWR

C Expanded AAFES PX

C New LSA living containers.

C Improved force protection and scud bunkers throughout camp.

C Improved TMC, dental and combat stress services

"The ultimate goal of the Garrison Command is to free up the 105th MP BN for exclusive IF operations."

Spotlight on Support Elements by SGT Lyle Dillie, 385th Signal

Company

Here at Camp Bucca many people can take for granted that everything at this Camp cost money. From the showers to the laundry, from the construction to every meal we eat. Every cent is accounted for and put into a report by the Project Control office.

In Kellogg, Brown, and Root (KBR), Christian Albury a Cost Specialist from Marietta, Georgia and Jason Barton a Materials Controller from Dallas, Texas heads this small office in the front of Camp. Everyday Christian crunches the numbers while Jason ensures that everything that is ordered finds its way to the camp.

"Almost everything is based on the rough order of magnitude (ROM)," said Christian, "The ROM is a rough estimate of what KBR expects to spend in the year. The next ROM is due in December. Every ROM

is based on the Army's scope of work (SOW). The SOW is what the Army decides KBR should provide for the year." Not everything on the ROM can be predicted sometimes, extra work has to be written in.

"An amendment can be written to the ROM called a letter of technical direction (LTD). Every time something comes up that need to be constructed an LTD is written and estimated its cost and given to the accounting controlling officer for approval. The new trailers being built right now are an example."

Every two week Christian puts together a cost report so their headquarters can keep track on costs. Jason keeps up with the inventory based off the SOW and the LTD.

"It's can be difficult at times," explains Jason, "planning many months in advance, to

ensure everything we need to complete a job arrives."



Christian Albury, Cost Specialist, Kellogg Brown and Root, sits behind his desk at Camp Bucca preparing his latest Letter of Technical Direction to ensure everyone get what they need to do their job.

Spotlight on Unit by CPT Diana Stumpf, 105th MP BN

In May of 2004 the call finally came; after deploying three of its five subordinate companies since 9-11-01, HHC, 105th Military Police Battalion received its alert orders. The Asheville, N.C. based unit of the North Carolina National Guard quickly began the task of preparing for a wartime deployment. The official mobilization order arrived in July and by August 18th, 2004, 169 soldiers were headed to the mobilization site at Fort Bragg, N.C.

The unit faced a mission full of unique challenges. Primarily, the high optempo for military police units had essentially stripped the headquarters company of the majority of its soldiers. Out of an authorized strength of 175, the state of N.C. had to find almost 100 personnel to fill vacancies. Those soldiers came from all over North Carolina; from the remote mountain towns of the west, to the bustling cities in the central part of the state,

all the way to the dunes of the Carolina coast. Unlike historically tight relationships within National Guard units, 105th personnel had to come together as a team and deploy to a combat zone in just under two months.

In addition to the leadership challenges faced when bringing together so many new soldiers, the mission of the 105th MP BN would also be a daunting one. The scandals

of Abu Ghraib were at the forefront of the world and the 105th, as an Internment and Resettlement battalion, would be under a microscope.

These issues undoubtedly played on the minds of all as the 105th boarded the plane at Pope Air Force Base on 6 Oct 04. However, after one month at Camp Bucca, the 155 soldiers of the 105th have been able to leave those concerns behind them. The unit is truly a team, molded by efficient leadership and soldiers that willingly and consistently go beyond the call of duty. The mission of detention operations has shown itself to be ever-changing; one that will see many layers during our twelve month tour of duty.

Undoubtedly, there will be many challenges ahead but, the 105th MP BN is prepared to meet those challenges. Twelve months from now we will leave Iraq proud to have served and happy to be



The 155 soldiers of the 105th MP BN pose during their first week at Camp Bucca.

Bucca Briefs by SPC Charles Greer, 105th MP BN

Welcome to the initial posting of the "Bucca Briefs," an eclectic accumulation of thoughts and/or essays covering a wide variety of topics and issues. The name of this section is the brain child of one SGT Jeffrey Joe Jones who, of course, intends to market his own line of unmentionables and intimate wear under the same brand name. Comments, questions, and suggestions are expected – so, don't be shy.

Well Duuuuhhhh.....

The Assistant Secretary of Defense for Reserve Affairs, Thomas Hall, recently said in an interview with an American Forces Press Service correspondent that today's reservist and guardsmen are nearly full-time participants in the war on terror. Imagine the impact when that secret gets out! His point, however, was that the expectations of reservists has changed from what it was – no longer are we considered "weekend warriors." Hold on to your Annual Training! "The expectation is you're not going to be a weekend warrior. We're going to have to use you in a more robust way in the future."

The question on everyone's mind is exactly what does "more robust" mean? Does it mean once every five years? Once every six years? For a year at a time? For six months at a time? The answers are simply not available now. The next big question is how will employers and families



react to this new demand?

The Recruiting and Retention efforts will have to adjust their strategy in order to continue to meet the burden of a new force utilization plan. Their new strategy will include persuasion directed at the parents and grandparents of future recruits, appealing to the patriotism of Americans, and a whole laundry list of increased medical and educational benefits for reserve component service members, including increases in certain bonuses and allowances. The 2005 National Defense Authorization Act, signed by President Bush on October 28, 2004, outlines the details of those benefits.

The Black Watch?

It's not the latest style available from Rolex. It's the name of the regiment of British soldiers we see regularly in the Dining Facility. Formally known as the 42nd Royal Highland Regiment, The Black Watch is the oldest and most famous of the Highland units.

After the Jacobite Uprising in Scotland in 1715, Highlanders were not allowed to carry weapons of any kind, but the law was largely ignored. In 1724, Irish General George Wade was sent into the Highlands to keep order in this somewhat unruly area. His plan for keeping the peace was to revive the old idea of "Highland Watches." A "watch" was a company of men who patrolled and policed the region in order to enforce the weapons ban and discourage smuggling and banditry. The idea was to give the Highland warriors something to do and reduce the chances of another rebellion. By

1739 the various "watches" were combined to form the 43rd Highland Regiment of Foot.

The name, "The Black Watch," likely derives from the dark tartans worn by the Highland soldiers which distinguished them from the non-Highland soldiers in the area who wore "red coats." The 43rd was renumbered the 42nd and given the title "Royal" in the late 1750s.

The regiment has participated with honor and distinction in virtually every war and many battles since 1743 including the French and Indian War at Ft. Ticonderoga, the Battle of Alexandria capturing the Standard of a French Legion, Waterloo defeating Napoleon, the Crimean War, the Indian Mutiny of 1857 receiving eight Victoria Crosses for bravery, the Ashanti Campaign, the Battle of Tel el Kebir, the Boer War, World War I, World War II serving in France, Crete, North Africa, and Italy, the Korea War, Kenya, Cyprus, Northern Ireland,

Additionally, the Regimental pipes and drums were given the rare honor of playing at the funeral of President John F. Kennedy in 1963.

The Black Watch has a proud tradition of family loyalty to the Regiment. Sons follow their fathers and grandfathers into the ranks of this extraordinary unit. The Regiment epitomizes the Highland warrior, his fighting skill, and indomitable spirit and is highly regarded, not only in the United Kingdom, but through out the world. With its proud history and colorful heritage, The Black Watch claims a special place in the honored history of Scotland.

Camp Special



Was \$3.95
NOW \$1.98

New Bitburger (Non-Alcoholic Beer)



New Releases

Garfield
Raising Helen
A Cinderella Story
The Day After Tomorrow
Twisted



Now selling an Assortment of Christmas Cards

Weather

15 November



Mostly Sunny

High 83

Low 52

0% Chance of Precipitation

16 November



Party Cloudy

High 84

Low 56

10% Chance of Precipitation

17 November



Scattered T-Storms

High 88

Low 63

60% Chance of Precipitation

18 November



Scattered T-Storms

High 89

Low 56

40% Chance of Precipitation

19 November



Party Cloudy

High 82

Low 50

10% Chance of Precipitation

20 November



Party Cloudy

High 78

Low 49

0% Chance of Precipitation

21 November



Showers

High 71

Low 49

30% Chance of Precipitation

MWR

Sign up NOW 5K RUN

25 November 2004 2004 (Thanksgiving Day)

You can sign up at the front desk at the MWR bldg. Deadline for participants is the end of the day on 24 November 2004.

The Race will start at 0600 hrs be there by 0545.



Classes

Country Line Dancing

Every Monday & Friday at 1900 hrs

Events

Karaoke Night

Wednesdays from 2000-2300 hrs

BAZAAR

17 November 2004

2 December 2004

16 December 2004

Get your Portrait done by Kamel Al Asadi

Every Tuesday from 1300-1700hrs

Cost: One Person \$30.00

Two Person \$60.00

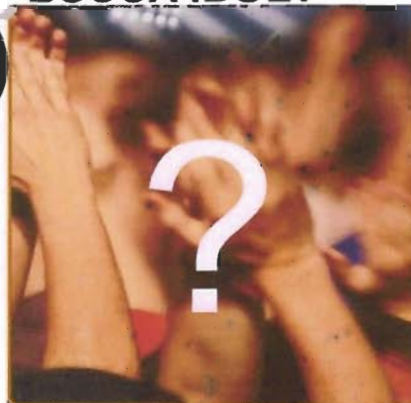
*Picture or in Person



Bucca Idol

You can sign up for the Bucca Idol at the MWR bldg or Bldg 2.

**WHO IS GOING
TO BE THE FIRST
BUCCA IDOL?**



Camp Bucca, Iraq
APO AE 09375

Phone: 853-1004
CPT Diana Stumpf
105th MP BN S1
diana.stumpf@t18.arfor.army.mil

**We welcome your
comments, suggestions, or
assistance! Please see us at
Trailer 2 to become part of
the team!**



HEALTH CLIPS

Tactics for Performance Nutrition While Deployed

Try to eat at least three times a day. Your energy stores run down after several hours of activity. Restore them with food regularly. Stopping to eat also restores morale.

Before activity, build up your glycogen stores – try to eat a meal or substantial snack 2-4 hours before heavy physical work, long work hours, or exercise. If you cannot, eat a light high-carbohydrate snack, or drink a sugar-sweetened (not artificially sweetened) beverage up to one hour before expected activity.

During activity, to maintain your glycogen stores – drink a sugar-sweetened beverage base mix from your rations or eat crackers, a cookie, or granola bar.

After heavy work, long work hours, or exercise, to replenish your glycogen stores – eat a high-carbohydrate meal or snack (50 – 100 grams of carbohydrate) within 30 minutes to two hours.

Snack when ever you can – take high-carbohydrate pogeiy bait or save unopened snack items from rations to eat on the run.

Eat some of everything served by the dinning facility to get all of the nutrients. A balance of nutrients is necessary for top performance.

Eat whenever you have the chance, even when you don't feel like it. Think of nutrition as a combat multiplier. Just as your weapons need ammunition and your vehicles need fuel to complete the mission, you need food to perform your best during long days and nights of work.

A regular high carbohydrate, low-fat diet with adequate protein, vitamins and minerals will build up your nutritional fitness before you go into your long work schedules or hard exercise programs.

The Back Page (Things You Want to Know But Are Afraid To Ask!)

By SPC Patrick Cusack, 105th MP BN

N How many dead bodies are up on Mount Everest?

Mount Everest is both the highest mountain and graveyard in the world. As of 2002, 175 climbers had died on the mountain. And the vast majority of these bodies were left behind.

There are reported to be at least 41 bodes on the north side of the mountain. Some people simply run out of gas on the trail and freeze to death by avalanches.

Removing these bodies is an enormous task. It took a team of 12 people 8 hrs. to move the body of one dead Taiwanese man down the portion of the mountain. The high altitude, low oxygen, fierce winds, and intense cold make the trip extremely challenging even for an unencumbered person. So few climbers attempt to take the bodies of the deceased back with them.

Some bodies are lost for ever on Mount Everest. During the tragic 1996 expeditions when eight people died in a freak storm near the summit, two of the bodies were never found.

To further complicate matters, the local sherpas, the people most adapt at climbing the mountain and transporting gear up and back, are weary of dead bodies and don't go near them.

? How did Hell's Kitchen in New York get it's name?

Hell's Kitchen, was a notorious haven for gangs who prowled "the tenements, grog shops, slaughter houses, rail road yards, and gas works" that employed it's huge immigrant population. Men with names like Dutch Hienrichs, Owen Madden, and Bully Morrison ruled the streets. Cops walked in pairs, if at all.



"Hell's Kitchen," New York City.

Hell's Kitchen a neighborhood bordered by 14th and 52nd streets, and eighth avenue and the waterfront, has a rich history of

crime and bloodshed.

The term "Hell's Kitchen" first appeared in print on September 22, 1881 in a New York Times piece covering a grisly multiple murder in the neighborhood. The writer refers to a tough tenement as "Hell's Kitchen", and called the surrounding block "Probably the lowest and filthiest in the city".

Today it is known as Clinton, the town is a vibrant neighborhood currently battling encroaching gentrification. That's right, the neighborhood is worried about being too nice!

© Why do men and women's shirts button on different sides?

While we didn't manage to isolate a definitive answer for this question, we learned plenty about the tricky relationship between exigency and style. For example, this lengthy article on [button conventions](#) suggests that in the 19th century, well-heeled Victorian women generally didn't dress themselves, so their buttons were designed to be handled by right-handed servants. Although wealthy men may have had servants to lay out their clothes, they generally dressed themselves, and so the buttons on the right side of men's garments made more sense.

A Yahoo! Search on "button history" also led us to Benjamin Dover of the [Dallas Morning News](#). Mr. Dover notes that the first button jackets for men were modeled after the latching designs of armor, which were designed to stop a right-handed opponent from jamming a pike through the seam. He also suggests that the left-side buttons on women's clothes may have been intended to facilitate nursing an infant on the side closest to the woman's heart.

Jeff Elder of the [Charlotte Observer](#) suggests that men's coats were designed to make it easier for them to unbutton their coats with their left hand while drawing their swords with their right. In general, we gleaned that European men tended to take their plumage cues from the military, while women's clothing arose out of domestic concerns.